

# Mother-to-Mother Connections

- Offering support for women and their babies during their first year together.
- Come be with other mothers who know what it's like, in a non-judgmental, caring space.
- Led by women trained in birth and post-partum care.



Thursday mornings

Community Campus,  
Portsmouth

Free!

Includes child care for older  
siblings with advance sign up

Registration required:  
603.422.8208 (ext. 123)



## Families First

*support for families...health care for all*

[www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org)

603.422.8208

**Families First Health & Support Center** is a nonprofit community health center providing health care and family services. Support for parenting and family programs comes from NH Department of Health and Human Services, Foundation for Seacoast Health, Portsmouth Regional Hospital, NH Children's Trust Inc., United Way of the Greater Seacoast, People's United Community Foundation, Fuller Foundation, Portsmouth Community Development Block Grants, Provident Community Foundation, Wal-Mart Distribution Center, and the Towns of Hampton, Seabrook, Portsmouth, Greenland, Stratham, Exeter, North Hampton, Rye, New Castle and Hampton Falls.

